

# ALEXANDRIA GAZETTE AND VIRGINIA ADVERTISER.

Alexandria Gazette.

FRIDAY EVENING FEB. 16, 1900

The Craving For Stimulants.

The blood normally contains stimulants, and that these stimulants exercise a favoring influence on function and conduct to and may even be a necessary factor in the production of the feeling of well being explains the wide spread liking in man and beast for stimulating substances. This liking, amounting often to a craving, is the expression of a great physiological principle. When health is perfect, when the blood is well provided with its proper stimulants and not overcharged with depressants, there is no craving for extraneous stimulants, such as alcohol, tea or coffee, but when the blood is defective in the one or overcharged with the other then is felt the desire for the glass of wine or the cup of tea.

In order to obviate this desire the body should be kept at the highest level of health. The more perfect the health the more perfect will be the composition of the blood in respect to both physiological stimulants and deleterious toxins. A blood properly constituted in these and other respects will exercise a gentle stimulant action on the nervous system and induce a condition of mild physiological intoxication, which expresses itself in a feeling of well being and happiness—a condition that cannot be bettered.—Lancet.

**The Result of Too Much Pathos.**  
"One day," says Jean Francois Raffaelli, "Daudet was arguing a point that on the stage it is a mistake to insist too strongly on any one form of sentiment, whatever it may be. 'Listen,' said he. 'I recall a little incident which may serve to illustrate my meaning: A woman dressed in black one day entered an omnibus in which I happened to be. She was in deep mourning, and her countenance was so worn, so contracted, so furrowed with grief, that her neighbor could not refrain from asking what terrible sorrow it could be that had thus left its marks upon her.'

"Whereupon the woman, amid the sympathetic attention of all the little world in the omnibus, including the conductor, who did nothing but blow his nose so as to hide his tears, told how she had lost first one child and within a very few days another. Every one pitied her greatly, but when she proceeded with many tears to tell of the death of a third child her hearers were somewhat less moved, and finally, when she launched into a long account of the loss of a fourth—devoured by a crocodile on the banks of the Nile—every one in the omnibus burst out laughing."—New Lippincott.

**Why He is a Waiter.**  
W. E. Du Bois, in his book, "The Philadelphia Negro," devotes much space to authentic instances, proving that, in the words of the author, "the road to success is to have a white face." Professor Du Bois cites many individual cases in support of his somewhat bitter deduction, one of the most striking being the experience of a graduate of the University of Pennsylvania.

This young colored man took a course in mechanical engineering, was an apt student, was well recommended and by reason of his excellent record obtained a situation through an advertisement. He reported for work, remained only a few hours and was then discharged for the simple reason that his skin was not white. The experience was repeated several times until he became utterly disheartened. He is now a waiter in the University club, where he is forced to serve white fellow graduates.

**He Read Caine.**  
While Hall Caine was in this country several years ago the Aldine club of New York city dined him. Among those invited to meet Mr. Caine was one of the most popular of our American authors. Soon after the dinner began dinner cards began to circulate with requests for autographs. The author in question whispered to his neighbors:

"I'm going to send my card up to Mr. Caine as soon as I can, for I am down for a speech later on, and I want to be able to say that I've read something that Caine has written."—New York Mail and Express.

**The Pendulum Alone Out of Order.**  
An Onion Creek (Tex.) darky visited the establishment of an Austin jeweler. "How can I regulate the pendulum without the rest of the clock?"

"Dars nuffin de matter wid de rest ob de inards ob de clock, so I jes' leff 'em at home. Jes' you fix up de pendulum. Ef der penulum goes all right, de rest ob de clock goes all right too. I know dat much, even if I ain't had no book learnin'."—Texas Siftings.

**An Editor's Life Saved by Chamberlain's Cough Remedy.**

During the early part of October, 1896, I contracted a bad cold which settled on my lungs and was neglected until I feared that consumption had appeared in an incipient state. I was constantly coughing and trying to expel something that I could not. I became alarmed, and after giving the local doctor a trial bought a bottle of Chamberlain's Cough Remedy and the result was immediate improvement, and after I had used three bottles my lungs were restored to their healthy state.—B. S. EDWARDS, Publisher of The Review, W. Yant, Ill. For sale by all druggists.

**Don't Toacco Spit and Smoke your Life Away.**  
To quit tobacco easily and forever, be magnetic, full of life, nerve and vigor, take NO-TO-BAC, the wonder-worker, that makes weak men strong. All druggists, \$6 or \$1. Cure guaranteed. Booklet and sample free. Address Storing Remedy Co., Chicago or New York.

**ALL KINDS OF LIQUORS.**  
Have on hand Gibson's XX, XXX, XXXX and pure Old Eye, Old Cabinet and Monogram Whiskies; also Baker's and Thompson's Pure Eye Whiskies, to which they invite the attention of the trade.

Orders from the country for mercandises shall receive prompt attention.

Consignments of Flour, Grains and Country Produce solicited, for which they guarantee the highest market prices and prompt returns, N. E. corner Cameron and Royal streets.

**W. J. H. MURPHY, House, O.**  
WHOLESALE GROCERIES.  
GENERAL COMMISSION MERCHANTS.  
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For the cure of all Kidney Diseases Shattered Nerves and all diseases arising from thin, watery and impoverished blood. Price 50c. For sale only by

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**PRIME SOFT FIGS** 10c, 12c and 15c per pound at **J. C. MILBURN'S**.

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MEDICINAL  
**DYSPEPSIA**

"For six years I was a victim of dyspepsia in its worst form. I could eat nothing but milk toast, and at times my stomach would not relax and digest the food. I took CASCARETS and since then I have steadily improved, until I am as well as ever was in my life."

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**CATHARTIC**  
**Cascarets**  
TRADE MARK REGISTERED

REGULATE THE LIVER

Pleasant, Palatable, Potent. Taste Good. In Good. Never Bitter, Weakish, or Gripe. 25c.

**CURE CONSTIPATION.**  
Starting Remedy Company, Chicago, Received, New York, 25

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**Kodol**  
**Dyspepsia Cure**

Digests what you eat.

It artificially digests the food and aids Nature in strengthening and reconstructing the exhausted digestive organs. It is the latest discovered digestive and tonic. No other preparation can approach it in efficiency. It instantly relieves and permanently cures Dyspepsia, Indigestion, Heartburn, Flatulence, Sour Stomach, Nausea, Sick Headache, Gastralgia, Cramps and all other results of imperfect digestion. Prices 50c and \$1. Large size contains 2½ times small size. Booklet about dyspepsia mailed free Prepared by E. C. DEWITT & CO., Chicago.

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John Dur, Poseyville, Ind., says: "I never used anything as good as One Minute Cough Cure. We are never without it." Quickly break up cough and colds. Cures all throat and lung troubles. Its use will prevent consumption. Pleasant to take.

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